

CHECKLIST

Indoors, outdoors, all around the home, there are safety and functional issues that need addressing as we become older.

If you answer “NO” to any of these questions, you’re a candidate for Age-Friendly Design!

Please note: while this list addresses basic safety issues, every situation requires an individual examination for optimal results.

Contact:
rbakker@agefriendlydesign.com

OUTDOORS

- Is the approach to your home easily accessible and well lit?
- Do steps and stairs present a problem?
- Do stairs and porches have adequate handrails and lighting?
- Is the doorbell in working order and heard by the occupant?
- Do stairs and porch have adequate railings and lighting.

DOORWAYS, PASSAGEWAYS & STAIRS

- Can the occupant easily move through the home without stepping, bumping or tripping on anything?
- Are area rugs taped to the floor or have non-skid pads?
- Is the floor non-slippery and in good repair?
- Do stairs have adequate handrails and lighting?

LIGHTING & ELECTRICAL

- Are there adequate lamps and ceiling fixtures?
- Are light switches easy to turn on and off?
- Are there enough outlets throughout the home?
- Are there nightlights from bedroom to bath and down hallways?

BATHROOM

- Can the occupant easily get in and out of the tub or shower?
- Are there grab bars in the tub, shower, and toilet areas?
- Are there non-skid treads or mats in the tub and/or shower?
- Are there absorbent mats with non-skid backing on the floor outside the tub and/or shower?
- Is the toilet seat high enough for the occupant?

KITCHEN

- Are storage and cabinets safely and easily accessible?
- Can the sink and appliances be safely and easily used?
- Can the occupant easily transfer food from kitchen to table?

COMMUNICATION

- Is the telephone easy to use?
- Is there a telephone by the occupant’s bedside?
- Can the doorbell be heard throughout the home?
- Can smoke and CO2 alarms be heard throughout the home?

CHAIRS & BEDS

- Is getting in and out of a chair or sofa easy for the occupant?
- Is getting in and out of the bed easy for the occupant?
- Are mattresses and chairs comfortable for the occupant?